

Fall 2006

Healthy Bytes

The perfect lunch: a healthy sandwich

For most people who pack lunches, sandwiches are a daily staple. By making wise choices when building your sandwiches, you'll have a meal that's both good for you and enjoyable to eat.

Bread – Instead of white bread, choose breads that are high in fiber and low in calories. Whole wheat bread is an excellent choice. For variety, use tortillas, pitas or rolls and follow the same rules as for bread.

Spreads – Use mustard or light mayonnaise instead of regular mayonnaise. Light cream cheese mixed with herbs also makes a nice sandwich spread. Whatever you choose, go easy on portions by using only a thin layer.

Fillings – Choose lighter meats like ham and turkey instead of meats like roast beef or salami. To make tuna or chicken salad, use light mayonnaise. Forego cheese if you can. If your sandwich really needs it, use a light or fat-free variety.

Extras – Here's where you can go wild! Load up on lettuce, tomatoes, cucumbers, sprouts, mushrooms, spinach, peppers, onions and other veggies.

Use your bread as a canvas and create a different healthy masterpiece each day!

Source: "Preparing a Healthy Sandwich," By Erin Rogers. *MYNIPPON*. <<http://www.mynippon.com/cooking/story10.htm>>.



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